

Notes food allergies and intolerances

Here at Skern Lodge we take great pride in our food and service and looking after all our guests, if you have any food allergies or intolerance please inform us before your visit.

On arrival it is advised that you meet with the Catering Manager or one of the senior kitchen team who will be able to discuss the menus during your stay and foods available.

The menus are normally written the week before arrival and once all dietary information has been collected.

Listed below are the allergens and intolerances. In addition is some information that may help answer any questions you have before your stay.

During your stay please familiar yourself with the dietary key that we use when writing menus

Nut allergy

We do not use nuts in any of our cooking.

If you have a nut allergy please speak with one of the kitchen team who will be able to help you identify **nut free** dishes on the menu.

We use a local bakery and other food service suppliers and although all the products we purchase from them do not contain nuts, they **may contain** them. Dishes are labelled accordingly following product guidance on packaging.

Peanut allergy

We do not use peanuts in any of our dishes.

If you have a nut allergy please speak with one of the kitchen team who will be able to help you identify **nut free** dishes on the menu.

We use a local bakery and other food service suppliers and although all the products we purchase from them do not contain nuts, they **may contain** them. Dishes are labelled accordingly following product guidance on packaging.

Sesame allergy

Sesame oil is used in our Chinese dishes, which is clearly marked **contains sesame**

If you have a sesame allergy, please speak with one of the kitchen team who will be able to help you identify sesame free dishes on the menu.

Milk allergy

If you have a milk allergy, please speak with one of the kitchen team who will be able to help you identify **milk free** dishes on the menu.

We provide soya milk, yogurts and spread and some dairy free snacks. Please bring with you any additional products you may want.

Shellfish and molluscs allergy

The menu is clearly labelled when these food groups are used, If you have an allergy to these food groups please let us know before your stay.

Fish allergy

We have a fish dish on the evening menu every day so please let the kitchen know if you have a fish allergy.

Egg allergy

If you have an egg allergy please speak with one of the kitchen team who will be able to help you identify **egg free** dishes on the menu.

Soy allergy

Our vegetarian dishes are labelled if they **contain soy**

Other allergens

Lupin, mustard, celery, sulphur dioxide

If you suffer from these known allergens please let us know before your stay.

Lactose intolerance

If you have lactose intolerance, please speak with one of the kitchen team who will be able to help you identify **lactose free** dishes on the menu.

We provide soya milk, yogurts and spread available and some lactose free snacks. Please bring with you any additional products you may want.

Gluten/wheat free intolerance

If you have gluten intolerance, please speak with one of the kitchen team who will be able to help you identify **gluten free** dishes on the menu.

We have a variety of gluten free bread, an allocated gluten free toaster, pasta and some snacks available. Please bring with you any additional products you may want.

Other notes

If you have an allergy or intolerance and have been prescribed food, or are familiar with certain foods we suggest you bring these with you, they can be kept in the kitchen for meal times.

We have a 5 star excellent food hygiene certificate and strict hygiene policies in place to rule out any cross contamination.




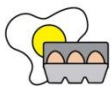
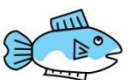









We can also accommodate special diets such as vegetarian, vegan, halal, kosher, and diabetic.

A dietary folder is available in the dining room for further information during your stay

While every care has been taken to ensure product information is correct, food products are constantly being reformulated, so ingredients, nutrition content, dietary and allergens may change. You should always read the product label and not rely solely on our information given.

If you have any queries, or you'd like advice on anything please feel free to speak to a member of our team.

Dietary key where possible these items will be marked on the menu if you have any of these allergens or intolerances please inform a member of staff

	Celery	C
	Cereals containing gluten	GL
	Crustaceans	CR
	Eggs	E
	Fish	F
	Lupins	L
	Molluscs	ML
	Nuts	N
	Peanuts	P
	Sesame oil and seeds	SES
	Soya	SY
	Mustard	MUS
	Sulphites	SL
	Milk	D